



## T.G.I.F. DINNERS

3 casual meals that let the eaters pile on their own fave toppings



TACO NIGHT P. 112  
SWEET POTATO NIGHT P. 116  
CHILI NIGHT P. 118

Even as the deceleration of the weekend begins, many families find Friday night eating just as chaotic as on any weekday: After all, it's a workday, a soccer day, a get-stuff-done day. Friday dinner needs to be flexible, with a menu that will hold up over a few hours and can be dished out easily. With that end in mind, we've got you covered: three nourishing, serve-yourself supper bars with enough options to appeal to everyone's tastes.

BY CHERYL SLOCUM

JUST GOT A LOT EASIER!

### SUPPER BAR SUCCESS

First choose your base dish: tacos, stuffed potatoes, or chili. Then decide just how simple you want things to be: Make one option or both, depending on tastes and time. Broil fish or grill steak for the taco filling. The potatoes and chili offer veggie or meat-lover options, or you can please a split crowd by making a bit of each. Load the sweet potato with hearty grains and veggies, or top it with cinnamon-scented chicken. Serve our chili meat-free, or stir in cooked ground beef or turkey. Set out some extra toppings for everyone to pick and choose from, and you've got a winning Friday night supper bar.





**Lemon-Pepper Flank Steak Tacos / Cabbage and Mango Slaw**

## THE TACO BAR

These toppings are hearty enough to make tacos a complete meal.

- Lemon-Pepper Flank Steak Tacos
- Smoky Tilapia Tacos
- Cabbage and Mango Slaw
- Simmered Pinto Beans with Chipotle Sour Cream
- Lime wedges
- Cilantro leaves
- Pickled red onions
- Salsa verde
- Sliced jalapeño peppers
- Shredded lettuce
- Chopped fresh tomatoes

### TACO OPTION 1

#### Lemon-Pepper Flank Steak Tacos

**Hands-on: 5 min. Total: 20 min.**  
 This steak is simple to prepare and ready in a flash. The results are flavorful and supermoist. Don't be tempted to save time by skipping the resting step before slicing—the juices will run out from the meat, making it dry.

- 1 (1¼-pound) flank steak, trimmed
- 2 teaspoons grated lemon rind
- ¾ teaspoon freshly ground black pepper

- Cooking spray
- 2 tablespoons fresh lemon juice
  - 1 tablespoon olive oil
  - 1 tablespoon lower-sodium soy sauce
  - 3 garlic cloves, minced
  - ¼ teaspoon kosher salt
  - 12 (6-inch) corn tortillas
  - 1 ounce queso fresco, crumbled (about ¼ cup)

1. Sprinkle steak with rind and pepper, pressing to adhere.
2. Heat grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; grill 6 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes.
3. Combine juice, oil, soy sauce, and garlic in a small bowl. Cut steak diagonally across grain into thin slices. Drizzle steak with soy sauce mixture; sprinkle with salt.

4. Heat tortillas on grill pan coated with cooking spray 20 seconds on each side or until lightly charred. Divide steak among tortillas. Sprinkle each taco with about 1 teaspoon cheese.

**SERVES 6** (serving size: 2 tacos)  
**CALORIES** 245; **FAT** 9.4g (sat 2.9g, mono 4g, poly 1g); **PROTEIN** 22g; **CARB** 20g;  
**FIBER** 2g; **CHOL** 56mg; **IRON** 1mg;  
**SODIUM** 230mg; **CALC** 49mg

### TOPPING OPTION

#### Cabbage and Mango Slaw

**Hands-on: 5 min. Total: 5 min.**  
 We made this slaw to top tacos, but the tangy-sweet-hot salad can stand on its own as a side dish. Serve it alongside broiled pork chops or with your favorite jerk chicken. For extra heat, you can mix in a whole minced serrano chile rather than half.

- 3 cups thinly sliced Savoy cabbage
- 1 cup ripe peeled julienne-cut mango
- ½ cup vertically sliced red onion
- 2 tablespoons cider vinegar
- 1 tablespoon olive oil
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- ½ serrano chile, seeded and minced

1. Combine all ingredients in a medium bowl; toss to coat.

**SERVES 6** (serving size: ⅔ cup)  
**CALORIES** 51; **FAT** 2.4g (sat 0.4g, mono 1.7g, poly 0.3g); **PROTEIN** 1g; **CARB** 7g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg;  
**SODIUM** 51mg; **CALC** 18mg



### FUSS-FREE FIXINGS

**TOP** The taco toppings hold up well, so slice, shred, and chop ahead, and store everything covered and refrigerated right in their serving dishes. **ABOVE** Taco Night keeps everything light and easy—and that makes for happy moms.

FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: CARLA GONZALES-HART



## TOPPING OPTION

### Simmered Pinto Beans with Chipotle Sour Cream

**Hands-on: 5 min. Total: 15 min.**  
*Refried beans can be high in fat; instead serve these pinto beans simmered with earthy cumin. Like the slaw, this topping can be served as a side dish, too.*

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1/2 teaspoon ground cumin
- 2 garlic cloves, minced
- 1/2 cup unsalted chicken stock
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 (15-ounce) can unsalted pinto beans, rinsed and drained
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh flat-leaf parsley
- 3/4 cup reduced-fat sour cream
- 3 tablespoons low-fat buttermilk
- 1 1/2 teaspoons minced chipotle chiles, canned in adobo sauce

## TACO OPTION 2

### Smoky Tilapia Tacos

**Hands-on: 10 min.**  
**Total: 21 min.**

 *Inexpensive tilapia is readily available and sustainable. Broiling makes this a no-fuss fish dish. The tilapia cooks fast, so make sure all the other components for the taco are ready before you put it under the heat.*

- 1 teaspoon garlic powder
- 1 teaspoon Spanish smoked paprika
- 1/4 teaspoon ground coriander
- 1/4 teaspoon freshly ground black pepper

- 3/8 teaspoon kosher salt, divided
- 2 pounds tilapia fillets
- 1 tablespoon olive oil
- 1 tablespoon finely chopped fresh cilantro
- 2 teaspoons canned chopped green chiles
- 1 diced peeled avocado
- 12 (6-inch) corn tortillas
- Cooking spray
- 6 lime wedges

1. Preheat broiler to high.
2. Combine first 4 ingredients and 1/4 teaspoon salt. Brush fillets with oil, and sprinkle with spice mixture. Place fillets on a baking

sheet. Broil 6 minutes or until fish flakes easily when tested with a fork.

3. Combine remaining 1/8 teaspoon salt, cilantro, chiles, and avocado in a bowl; lightly mash with a fork.

4. Heat tortillas on a grill pan coated with cooking spray 20 seconds on each side or until lightly charred. Divide avocado mixture and fish among tortillas. Serve with lime wedges.

**SERVES 6** (serving size: 2 tacos)

**CALORIES** 304; **FAT** 10.8g (sat 1.9g, mono 5.7g, poly 1.9g); **PROTEIN** 33g; **CARB** 22g; **FIBER** 5g; **CHOL** 76mg; **IRON** 1mg; **SODIUM** 258mg; **CALC** 42mg

1. Heat a saucepan over medium-high heat. Add oil; swirl to coat. Add onion, bell pepper, cumin, and garlic; sauté 2 minutes. Add stock, salt, black pepper, and beans; simmer 7 minutes. Stir in juice and parsley.

2. Combine remaining ingredients; serve with beans.

**SERVES 6** (serving size: about 1/4 cup beans and 2 tablespoons cream)

**CALORIES** 128; **FAT** 5.4g (sat 2.6g, mono 1.1g, poly 0.2g); **PROTEIN** 5g; **CARB** 14g; **FIBER** 4g; **CHOL** 16mg; **IRON** 1mg; **SODIUM** 100mg; **CALC** 99mg



**Cheddar, Broccoli, and Barley Sweet Potato**

**Sweet Potato with Cinnamon Chicken and Cashews**

## THE STUFFED POTATO BAR

Try our hearty barley or chicken option, or go for your own custom creation.

- Cheddar, Broccoli, and Barley Sweet Potatoes
- Sweet Potatoes with Cinnamon Chicken and Cashews
- Crumbled cooked bacon
- Chopped parsley
- Chopped chives
- Green peas and mint
- Marshmallows
- Toasted pecans

## Perfect Roasted Sweet Potatoes

**Hands-on: 10 min. Total: 1 hr. 10 min.**

Preheat oven to 400°. Pierce 6 (8-ounce) sweet potatoes with a fork. Rub potatoes with 1½ teaspoons olive oil; wrap each in foil. Place potatoes on a jelly-roll pan; bake at 400° for 1 hour or until tender. Partially split potatoes in half lengthwise; fluff the flesh with a fork. Sprinkle evenly with ¾ teaspoon kosher salt and ¼ teaspoon freshly ground black pepper.

**SERVES 6** (serving size: 1 potato)  
**CALORIES** 205; **FAT** 1.2g (sat 0.2g); **SODIUM** 245mg

### TOPPING OPTION

#### Cheddar, Broccoli, and Barley Sweet Potatoes

**Hands-on: 12 min. Total: 1 hr. 10 min.**

- 6 Roasted Sweet Potatoes (recipe above)
- ⅓ cup uncooked pearl barley
- 1½ tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 4½ cups coarsely chopped broccoli florets (about 1 large head)
- ¼ cup water
- ¼ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 2 ounces cheddar cheese, shredded (about ½ cup)

1. Preheat oven to 400°. Bake potatoes according to recipe instructions above.
2. Cook barley according to package directions, omitting salt and fat.
3. Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add garlic; cook 30 seconds, stirring constantly. Add broccoli and ¼ cup water to pan. Cover and cook 4 minutes or until crisp-tender. Stir in cooked barley, salt, and pepper; uncover and cook 1 minute. Stir in cheese. Top potatoes with barley-broccoli mixture.

**SERVES 6** (serving size: ½ cup topping and 1 potato)  
**CALORIES** 409; **FAT** 17.1g (sat 4g, mono 10.8g, poly 1.7g); **PROTEIN** 9g; **CARB** 58g; **FIBER** 10g; **CHOL** 10mg; **IRON** 2mg; **SODIUM** 399mg; **CALC** 168mg

### TOPPING OPTION

#### Sweet Potatoes with Cinnamon Chicken and Cashews

**Hands-on: 20 min. Total: 1 hr. 10 min.**

- 6 Roasted Sweet Potatoes (recipe above)
- 1 tablespoon olive oil
- ¼ cup finely chopped celery
- ¼ cup dried tart cherries
- ¼ cup golden raisins
- 3 tablespoons orange juice
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground red pepper
- ⅛ teaspoon kosher salt
- 2 cups shredded skinless, boneless rotisserie chicken breast
- ½ cup dry-roasted cashews, unsalted
- ¼ cup thinly sliced green onions

1. Preheat oven to 400°. Bake potatoes according to recipe instructions above.
2. Heat a large nonstick skillet over medium heat. Add oil; swirl to coat. Add celery; cook 2 minutes, stirring frequently. Add cherries and next 5 ingredients (through salt); cook 1 minute. Stir in chicken and cashews; cook 2 minutes. Sprinkle with onions. Top potatoes with chicken mixture.

**SERVES 6** (serving size: about ⅓ cup topping and 1 potato)  
**CALORIES** 412; **FAT** 10.6g (sat 2g, mono 6.3g, poly 1.5g); **PROTEIN** 20g; **CARB** 61g; **FIBER** 8g; **CHOL** 44mg; **IRON** 3mg; **SODIUM** 462mg; **CALC** 97mg

Five-Bean Chili / Cheesy Corn Bread Croutons

## THE CHILI BAR

For meat lovers, you can add ground beef to our vegetarian chili.

- Five-Bean Chili
- Cheesy Corn Bread Croutons
- Toasted Corn and Tomato Chili Topping
- Sour cream
- Crushed corn chips
- Chopped white onion
- Diced avocado
- Shredded cheddar
- Radishes
- Goat cheese

## Five-Bean Chili

**Hands-on:** 30 min.

**Total:** 1 hr. 15 min.

Here is a make-ahead chili that both meat lovers and vegetarians will love: It packs in all the classic flavors you want and is loaded with beans that give the dish a rich, almost meaty character. Serving this chili the next day lets flavors meld—if the beans soak up a lot of liquid overnight, you can add more vegetable broth or even water to thin out the stew.

- 1 tablespoon canola oil
- 2 cups prechopped onion
- 1 cup chopped carrot
- 2 tablespoons unsalted tomato paste
- 2 tablespoons minced fresh garlic
- 1½ teaspoons dried oregano
- 1½ teaspoons chili powder
- 1 teaspoon kosher salt
- ½ teaspoon Spanish smoked paprika
- 4 cups stemmed and torn kale
- 3 cups organic vegetable broth
- 2 red bell peppers, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (15-ounce) can unsalted black beans, rinsed and drained
- 1 (15-ounce) can unsalted kidney beans, rinsed and drained

- 1 (15.5-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained
- 1 (15.8-ounce) can unsalted Great Northern beans, rinsed and drained
- 1 (16-ounce) can unsalted pinto beans, rinsed and drained

1. Heat a large Dutch oven over medium heat. Add oil; swirl to coat. Add onion and carrot; sauté 10 minutes or until tender. Stir in tomato paste and next 5 ingredients (through paprika); cook 2 minutes, stirring constantly. Add kale and remaining ingredients. Cover and simmer 45 minutes.

**SERVES 8** (serving size: about 1½ cups)  
**CALORIES** 221; **FAT** 2.8g (sat 0.2g, mono 1.2g, poly 0.7g); **PROTEIN** 11g; **CARB** 39g; **FIBER** 12g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 520mg; **CALC** 153mg

## REPEAT AS NEEDED

The Friday night supper bar is bound to be a hit and is perfect to plan on serving often—even when it's just movie night at home with friends. Choices galore make it a crowd-pleaser.

## TOPPING OPTION

### Cheesy Corn Bread Croutons

**Hands-on:** 17 min.

**Total:** 1 hr. 15 min.

These toasted corn bread cubes are crispy and hearty enough to top a bowl of chili without falling apart into crumbs.

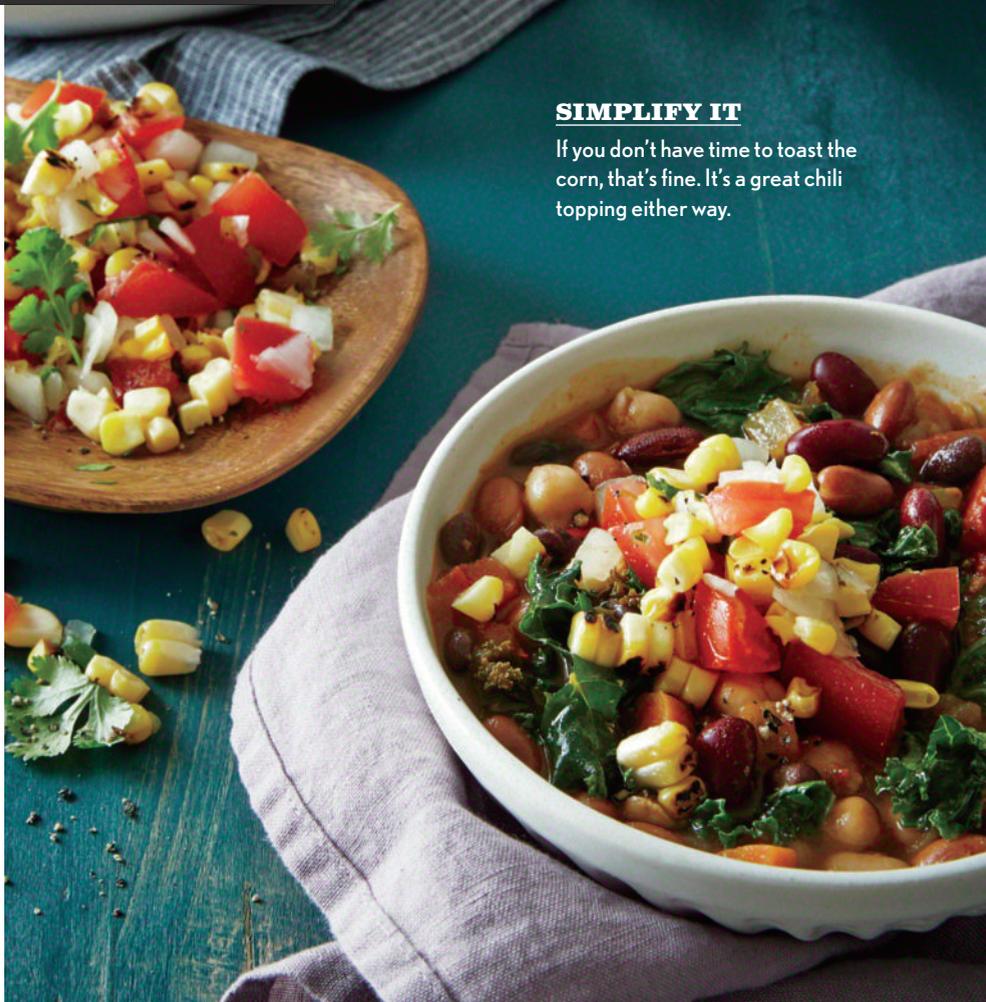
- 1 cup fine cornmeal
- 1.5 ounces all-purpose flour (about ⅓ cup)
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup low-fat buttermilk
- 2 tablespoons butter, melted and cooled
- 2 ounces sharp cheddar cheese, shredded (about ½ cup)
- 1 large egg, lightly beaten

Cooking spray

1. Preheat oven to 400°.
2. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Stir in remaining ingredients except cooking spray. Spread batter in an 8-inch square metal baking pan coated with cooking spray. Bake at 400° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Invert onto rack, and cool completely. Leave oven on.
3. Cut corn bread into 36 (1⅓-inch) cubes. Spread in an even layer on a baking sheet; bake 10 minutes or until bread is toasted.

**SERVES 12** (serving size: 3 croutons)  
**CALORIES** 107; **FAT** 4.2g (sat 2.4g, mono 1.2g, poly 0.3g); **PROTEIN** 3g; **CARB** 14g; **FIBER** 1g; **CHOL** 26mg; **IRON** 1mg; **SODIUM** 237mg; **CALC** 72mg





## SIMPLIFY IT

If you don't have time to toast the corn, that's fine. It's a great chili topping either way.

## TOPPING OPTION

### Toasted Corn and Tomato Chili Topping

*Hands-on: 15 min. Total: 25 min. Toasting the corn kernels brings the sugars forward and adds a sweet caramel-y element to this salsa. For a shortcut, you can thaw frozen fire-roasted corn kernels instead.*

- 1½ cups fresh corn kernels
- Cooking spray
- ⅓ cup finely chopped onion
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped pickled jalapeño
- 1 tablespoon pickled jalapeño juice
- ¼ teaspoon kosher salt
- 2 medium tomatoes, seeded and diced

1. Preheat oven to 400°.
2. Arrange corn in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 10 minutes or until corn is golden and lightly toasted. Combine corn and remaining ingredients in a medium bowl, tossing to combine.

**SERVES 6** (serving size: ⅓ cup)  
**CALORIES** 43; **FAT** 0.7g (sat 0.1g, mono 0.2g, poly 0.2g); **PROTEIN** 2g; **CARB** 9g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 139mg; **CALC** 7mg

## HELP YOURSELF

Keep toppings like sour cream and cheese chilled until diners arrive to prevent spoiling or melting. It's also a good idea to let everyone slice the avocado and radish as needed to keep the avocado from turning brown and the radish from drying out. Crumble chips right onto the chili to avoid waste.

